



Summary of Weight Watchers Services for the Commonwealth of Virginia

Local Meeting vouchers^{*}

This pre-paid savings plan offers you the flexibility of attending Weight Watchers meetings in your community when and where it suits you best. You benefit from an experienced Leader and group support from fellow members. **To order Local Meeting vouchers call 1-866-614-9125.** Series length is 13 or 18 weeks. Vouchers are mailed to your home. You use them for admission to a local meeting. Vouchers come bundled with an exercise DVD (13 weeks - \$119.86) or a Walking Kit (18 weeks - \$165.96) at no additional cost to you.

Online subscription

You can follow Weight Watchers step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides, and hundreds of recipes and meal ideas. Plus, connect with our free online community, day or night, for inspiration and motivation. Series length is 3 months (\$55.00) or 12 months (\$166.70). Visit: www.DHRM.virginia.gov. The **Commonwealth promotion code for special pricing is: 14-551-1367-18860. Type this number into the online area when prompted.** This promotion code is required in order to receive the Commonwealth special pricing.

At Home kit – Corporate Edition^{*}

The At Home kit – Corporate Edition gives you information and resources to follow our plan step-by-step at home. The kit includes weight-loss tools and bonus products that are conveniently delivered to your home, along with access to a toll-free Helpline with weekly progress reporting. The series length is 26 weeks (\$179.00). **To order call 1-866-614-9129.**

At Work meetings^{*†}

A Weight Watchers leader comes to your workplace to provide experienced guidance at weekly meetings that fit perfectly into the busy workday. You benefit from the proven advantage of group support for successful weight loss with coworkers who understand the workplace environment best. The 13 week series is \$155.35, the 17 week series is \$186.00 and you pay in the meeting room. **To see if there is an At Work meeting already set up at your location visit www.dhrm.virginia.gov/WeightWatchers.html . To get a meeting started call 1-800-8-AT WORK.**

50% Reimbursement for Eligible State Employees

Special pricing is available to state employees, spouses and adult dependents for Weight Watchers services. Employees currently eligible for the state health benefits program may be reimbursed for half of the cost of Weight Watchers service fees. Reimbursement is not available to spouses and adult dependents and is valid for employee service fees only. To be reimbursed, employees must be eligible for the state health benefits program and complete at least 75 percent of a Weight Watchers cycle (the 13- or 18-week at-work or local meeting, 13-week or annual online subscription or the 26-week at-home kit). The reimbursement form is available at www.dhrm.virginia.gov/WeightWatchers.html .

^{*} Available only in participating areas in the U.S. [†] Minimum enrollment required.